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(Photo by SSgt. Scott Davis)

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Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photos are Air Force photos unless otherwise indicated.

The deadline for submissions to the "Jet 48" is noon Friday, the week prior to publication. For weekend events, the deadline is noon the Monday prior to publication, provided the editor is notified in advance. The public affairs office reserves the right to edit all material submitted for publication. Contact the editor in Bldg. 1085, call Ext. 5640, e-mail Jet48@lakenheath.af.mil or fax Ext. 5637.

<http://www.lakenheath.af.mil/current/jet48.htm>

Liberty Wing works together to brighten a child's day

By SrA. Sarah Franco
Public affairs

The 48th Fighter Wing pulled together Nov. 6 to make a boy's base tour truly special.

Jack Wells, a 7 year old with leukemia, visited RAF Lakenheath with his brother, parents and aunt and uncle and spent the day enjoying the Liberty Wing's hospitality.

He visited areas including the 48th Transportation Squadron, the fire department and the 493rd Fighter Squadron as part of the "Fighter Ace for a Day" program, which is aimed at children from the community who are very sick or terminally ill.

The wing put on an outstanding show for Jack and his brother Grant.

I was impressed with the caring and attentiveness that each person showed.

Throughout the day, they were frequently speechless and often overwhelmed. Having no idea what to expect from us, they didn't know quite how to react to the outpouring of goodwill that the 48th FW displayed.

The first place the family visited was the 48th TRNS complex. The people who work showed Jack and Grant police cars, fork lifts, trucks, buses and a HUMVEE. Each was given a reflective jacket, the honorary title of driver, and various bits of memorabilia for their visit.

The squadron even gave us a driver and van for the day's events. The driver offered to stay with the trip through the evening until 10 p.m., when the Tops in Blue concert was over.

Next, the family visited the 48th Civil Engineer Squadron fire department complex. Again, attentive and caring people took the time to answer questions about the trucks. They dressed Jack up in the top half of a set of bunkers and showed him how the machines work.

They also spent time demonstrating the power of the water used to put out a fire. They even offered to let Jack and his mother climb to 70 feet on a 120-foot ladder on one of the trucks.

Then it was time for lunch. The officers' club set up two tables in the Battle of Britain room, allowing the family to have some pri-

vacy while they ate and the chance to look over some of their country's heritage on display.

The 493rd Fighter Squadron, the next stop, also went well above the call of duty. The life support shop, with help from the 48th Operations Support Squadron, donated a flight suit for Jack to take home, complete with squadron and wing patches and his own name tag.

The family was shown around the squadron and the ACMI theater, where they were able to see an electronic display detailing the actions of the pilots engaged in a real-world sortie over the North Sea. From there, they

were escorted to see an F-15C on the transient alert ramp and then in a protected aircraft shelter.

From there, the family received a tour of the base control tower. Jack was given the opportunity to speak to an incoming aircraft and was made an honorary air traffic controller. Later, the family visited the other part of air traffic control, the radar room.

Donutland provided time again for the family to rest and catch their breath. After a cup of tea, we went bowling at Liberty Lanes.

The wing protocol office had helped me obtain a

room so the family could rest and change after their busy day. After almost too short of a time, we were on the move again, this time to the Tops in Blue concert.

The 48th Security Forces Squadron saved a close parking spot for the van. The people who worked to set the concert up saved the family and escorts nine seats, some of the best in the house. And Col. Doug Richardson, 48th FW commander, gave Jack a boost by highlighting him as one of the wing's important visitors of the day. After the concert, the whole Tops in Blue staff got together to give Jack and Grant T-shirts and ball caps.

I couldn't have imagined the day going any better. I have received a letter from Jack's uncle. He writes: "(Give) my heartfelt thanks to all the Lakenheath personnel last week. (The trip) was memorable and one which I believe will stay in our minds for many years to come. Please convey our deepest appreciation to the many Lakenheath people who gave up their time to contribute."

Grant is to be Jack's bone-marrow donor in January. From there, Jack will spend at least two months in virtual isolation, waiting for the transplant to take hold.



Photo by Amn. Joseph Lozada

Maj. John McQueen, 48th Transportation Squadron commander, gives Jack Wells a plaque to commemorate his visit while his mother looks on.

Volunteers

The heartbeat of the community

By Gail Lyons-Roberts
Family support center

Editor's note: Nov. 17-21 was volunteer recognition week at RAF Lakenheath. Articles dedicated to volunteers and their community contributions appear on page 15 of this week's Jet 48.

Volunteerism has evolved into a way of life in most areas of society. The old stereotypes, are being discarded as volunteers today assume a vast array of responsibilities. Volunteers hail from many different social, cultural and economic backgrounds to do their part to enhance our society. People's motivation for volunteering are unlimited, and range from seeking employment to altruism.

Everyone benefits from volunteering - volunteers, volunteer agencies, and communities. Volunteers gain valuable on the job training, experience, and networking opportunities for paid positions. It is also an avenue for maintaining current job skills. Volunteering may also be used to test new careers before committing time and funds into making the change. If someone is considering a career change, volunteering can provide first hand knowledge of the responsibilities and requirements of the field, allowing the individual an opportunity to make informed decisions. It is also a way of getting out, meeting new people, and making new friends. Mostly, volunteers enjoy the satisfaction of giving from the heart to help

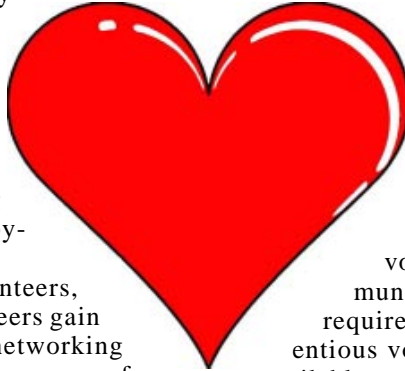
each other and support the community. Volunteer hours worked and skills developed can be used as unpaid employment when applying for a paid position, and on resumes.

A major benefit to volunteers of the 48 FW is free childcare. The Air Force Aid Society, through the Volunteer Resource Program (VRP), pays 24 hours of child care per month, per child, when volunteers are placed in a position through the VRP. The child must be placed with a licensed family day care provider.

Volunteer agencies also benefit extensively. Volunteers bring a fresh perspective and drive to the workplace. They provide the additional manpower needed to accomplish necessary tasks. This helps to create a less stressful atmosphere and eliminate backlogs. Agencies also have the advantage of the volunteers' prior skills and experience. The community benefits from many quality services which require extra manpower. Without the work of conscientious volunteers, some of these programs may not be available.

Volunteers are the heart beat of the Liberty Wing. The 48 Fighter Wing gratefully recognizes the importance of volunteerism, and the volunteers who generously contribute to the RAF Lakenheath community.

If you are interested in connecting with your community through volunteerism, contact the Volunteer Resource Program Manager, Gail Lyons-Roberts, at (01638) 52-3847 at the Family Support Center.



Why is it important to celebrate Thanksgiving?



"It gives people an opportunity to get together."

SrA. Salim Aimaq

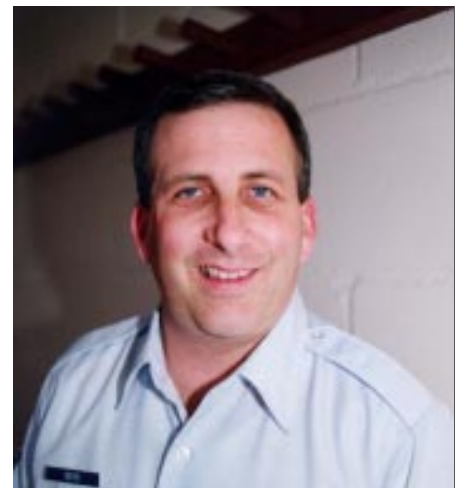
48th Equipment Maintenance Squadron



"It's a time to be thankful for all of the bounties and blessings we have, and the friendships."

TSgt. Insaf Mohammed

48th Fighter Wing



"Because of all the freedoms we have. (And to) be thankful that God's blessed us so much."

SSgt. William Boyd

48th Military Personnel Flight

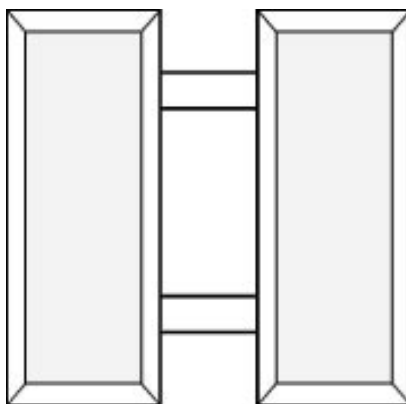
The Liberty Wing celebrates Thanksgiving Thursday as a federal holiday with a USAFE family day Nov. 28. All non-essential personnel should be given the day off, by order of the 48th Fighter Wing commander.

Air Force announces captain selections

Captains bars are going to 37 Liberty Wing members as the calendar 1997 Central Captain line and Biomedical Science, Chaplain, Judge Advocate General, Medical Service and Nurse Corps boards selected 3,381 lieutenants for promotion.

Liberty Wing members selected for promotion were:

Brian Armstrong, 494th Fighter Squadron; **Brent Cotton**, 48th Fighter Wing; **Christopher Bahl**, 492nd Fighter Squadron; **Janene Baase**, 48th Medical Operations Squadron; **Joseph Bonita**, 493rd Fighter Squadron; **Deedra Ericson**, 48th MDOS; **Rashelle Brown**, 48th Security Forces Squadron; **Angela Holman**, 48th MDOS; **Derren Burrell**, 48th Comptroller Squadron; **Donna Jones**, 48th MDOS; **Kerry Kane**, 494th FS; **Tracy Rennie**, 48th MDOS; **Danielle Kenyon**, 48th Services Squadron; **Michael Fenimore**, 451st Intelligence Squadron; **Rebecca Knapp**, 48th Mission Support Squadron; **Richard Coffey**, 372nd Training Squadron Detachment 16; **Joeseph Kunkel**, 494th FS; **Christine Davey**, 48th MDOS; **John Maneri**, 48th Operations Support Squadron; **Grant Izzi**, 493rd FS; **Sean McLay**, 493rd FS; **Tanya Quale**, 48th MDOS; **Robert McMurry**, 493rd FS; **Nicholas Smith**, 451st IS; **Launa McNeal**, 493rd FS; **Cynthia Swords**, 48th MDOS; **David Moeller**, 494th FS; **Ernest Teichert**,



48th Operations Group; **Andre Moreland**, 48th SFS; **Bruce Page**, 48th FW; **Evan Pettus**, 492nd FS; **Christopher Page**, 492nd FS; **Westley Stark**, 493rd FS; **Richard Steele**, 493rd FS; **Scott Taylor**, 492nd FS; **Michael Whitehead**, 492nd FS; and **Jimmy Worley**, 493rd FS.

The entire list is posted on the Air Force Personnel Center World Wide Web Homepage at (<http://www.afpc.af.mil>) and then click on the "HOT" hyper text area.

The board convened at the Air Force Personnel Center, Randolph Air Force Base, Texas, Sept. 22, to consider 3,429 officers. The results of the 1997 boards are as follows:

Selection statistics in-the-promotion zone:

□ 2,902 line officers selected for captain from 2,922 considered for a 99 percent select rate;

□ 355 nurse corps officers selected for captain from 359 considered for a 99 percent select rate;

□ 20 medical service corps officers selected for captain from 20 considered for a 100 percent select rate;

□ 76 biomedical sciences corps officers selected for captain from 76 considered for a 100 percent select rate;

□ 12 chaplains selected for captain from 12 considered for a 100 percent select rate;

□ 11 JAGs selected for captain from 11 considered for a 100 percent select rate.

Selection statistics above-the-promotion zone:

□ 4 line officers selected for captain from 17 considered for a 24 percent select rate;

□ 0 nurse corps officers selected for captain from 8 considered for a 0 percent select rate;

□ No medical service corps officers were considered;

□ 1 biomedical sciences corps officer selected for captain from 4 considered for a 25 percent select rate;

□ No chaplains were considered;

□ No JAGs were considered.

(Courtesy of AFPC news service)

Chief's promotion list includes 11 from Lakenheath

Eleven Liberty Wing members were selected for the highest enlisted grade as the Air Force tentatively selected 540 of 2,984 eligible senior master sergeants for promotion to chief master sergeant. This represents an overall 18.10 percent selection rate for the 97E9 cycle – well above the minimum of 13 percent set for chief master sergeant during the drawdown.

Air Force taps 139 officers for pilot, navigator training

RANDOLPH AIR FORCE BASE, Texas (AFNS) – More than 100 officers get the opportunity to add pilot or navigator wings to their uniforms after being selected to specialized undergraduate pilot or navigator training.

The 1997 Specialized Undergraduate Flying and Navigator Training Selection Boards met at the Air Force Personnel Center here Oct. 21-24 to consider 393 applicants to SUPT and SUNT. The board selected 139 officers in the ranks of second lieutenant through captain. Those selected will begin classes in April 1998 with the classes in session throughout the 1998 fiscal year.

Two Lakenheath officers were selected for pilot training. They are: Capt. Brent R. Vosseller, 492nd Fighter Squadron; and 1st Lt. Troy L. Gilbert, 48th Operations Support Squadron.

For a complete list, visit the AFPC web page at (<http://www.afpc.af.mil>).

The following Liberty Wing senior master sergeants were selected for promotion:

Jaime Vargas, 494th Fighter Squadron; **Robert Wiles**, 48th Security Forces Squadron; **James Croad**, 48th Equipment Maintenance Squadron; **Joel Rhodes**, 48th EMS; **John Tripp**, 48th EMS; **Steven Crocker**, 48th Operations Support Squadron; **Barry McMannes**, 48th OSS; **Thomas Puzzo**, 493rd Fighter Squadron; **Terrance Douglas**, 48th Medical Support Squadron; **Edward Washburn**, 48th Medical Operations Squadron; and **Charles Davis**, 5th Space Surveillance Squadron.

This is the second chief master sergeant promotion list in which two chiefs and one colonel sat on each panel of the Chief Master Sergeant Evaluation Board held here Oct. 20-30. Board scores constitute 57 percent of a person's total score used for determining promotion. Promotions are finalized after data used in the selection process is verified against the contents of each member's official service records.

The average selectee score for this cycle was 653.35 points based on the following:

□ 134.99 points, performance reports;

□ 377.28 points, board score;

□ 65.78 points, U.S. Air Force Supervisory Examination;

□ 30.76 points, time in grade;

□ 22.40 points, time in service;

□ 22.14, points for decorations;

The average selectee has 3.97 years time in grade and 21.38 years in service. Those selected will be promoted to chief master sergeant throughout the 1998 calendar year. (Courtesy AFPC news service)

Fighter units continue support of Northern Watch

By Staff Sgt. Jeff Loftin
Combined Task Force Public Affairs

INCIRLIK AIR BASE, Turkey (AFNS) — With an earth-shaking roar from the after burners, an F-15 climbs upward into a dark morning sky. Some call the roar “the sound of freedom.”

This time that sound comes from the aircraft of the 493rd Fighter Squadron, recently deployed from RAF Lakenheath, England. As part of the 48th Fighter Wing the unit has regularly supported Operation Northern Watch during the past three years. The 48th FW brings a composite force of F-15C's and F-15E's from the 492nd, 493rd and 494th fighter squadrons at Lakenheath to help enforce the no-fly zone over Northern Iraq.

“We get the chance to train, practice and fly with each other on a daily basis which is extremely important when you come to a contingency operation like this,” said Maj. Mark Fitzgerald,



(Courtesy photo)

SrA. Ed Brescia, F-15 crew chief with the 493rd Fighter Squadron, installs a safety pin on a missile on an F-15 Eagle. The squadron is part of the coalition effort to enforce the no-fly zone over Northern Iraq.

deployed 493rd Air Expeditionary Squadron commander.

Although the 493rd has only been here a few weeks it has already put in some long hours, according to Fitzgerald.

“The political tensions with Iraq and the things going on with the United Nations have made this rotation a much more exciting time, but also much more demanding,” he said. “We’ve been working the guys some pretty tough hours, but all-in-all it has shown that the unit can really hustle and work well together.”

All the hustle is apparently paying off. The 493rd, also known as the “Grim Reapers,” has flown all of their required sorties so far.

“We’ve done exactly what people have expected us to, and we’ve done it to perfection,” said Fitzgerald. “I think the biggest accomplishment though is that the 493rd arrived here as a team. The pilots were obviously prepared. . . . That had to be 100 percent perfect. The preparations really show and the guys are doing a great job.”

“Being in the AOR (area of responsibility) can be pretty draining,” said 1st Lt. Rich Steele, a 493rd pilot. “There is a lot of time where you’re just looking and not seeing very much. It’s so draining because you have to be ready when you actually do find something. Overall I think this is a real good experience. Here you’re actually doing the mission as opposed to training.”

The squadron commander also applauded the efforts of the maintainers.

“The maintainers job has been absolutely fabulous,” said Fitzgerald. “They prepared the jets to perfection when we came here and it has shown. We’ve flown 100 percent of our required sorties here and you can’t get much better than that. We sure appreciate all the effort they’ve put in.”

“Being air defenders, our primary mission is enforcing the no-fly zone,” said Lt. Col. Mark Barrett, 493rd Fighter Squadron commander. “That’s our mission, that’s what we train for.”

With the pilots and maintainers continuing to work together, the 493rd will keep adding their roar to the early morning sound of freedom and to mission accomplishment.

Aircrew and support personnel from the 492nd and 494th are also currently at Incirlik in support of the Operation Northern Watch mission.

AGE flight ‘aces’ joint surety inspection

By MSgt. James Taylor
48th Equipment Maintenance Squadron

The Aerospace Ground Equipment Flight did so great during the JSI that it received the U.S. Air Forces in Europe Inspector General Award of Excellence for exceptional performance.

Col. Larry Bickel, USAFE IG, praised the flight for a job that “absolutely stood out from others. I’ve never seen anything like it; this old equipment looks like it’s new – right out of the box.”

The inspection team was unable to find a single discrepancy after thoroughly inspecting 23 of the flights 49 munitions trucks.

According to SMSgt. Roger Edwards, flight chief, “One person wasn’t responsible for our success. It took everyone in the flight, pulling together, to make this happen.”

After winning the inspector general

award, the flight then received the first 48th Fighter Wing Award of Excellence for outstanding performance.

The flight worked hard to prepare for the inspection. An intensive functional inspection identified critical areas requiring attention, cross-feed from recent surety inspections and discrepancies in “above and beyond” areas were used to develop local checklists ensuring equipment and facilities exceeded standards.

Recently, they realigned the consolidated tool kit programs to meet new USAFE guidelines, and a revised corrosion control schedule ensured all certified equipment had the highest possible appearance of excellence.

The award specifically mentioned that error-free maintenance documentation reflected a history of in-depth attention to detail and supervisory involvement. It also stated that the implementation of AF 797 documentation for training on support of logistics moves was “innovative and the

crowning step in ensuring the equipment and personnel provided to support critical missions exceeded all required standards.”

The AGE flight is organized into six elements providing support to the 492nd, 493rd and 494th Fighter Squadrons and the 48th Wing Transient Alert, allied shops, munitions area and other base agencies.

Their responsible for preventive maintenance scheduling and manages mobility requirements of any AGE-related training programs, as well as being responsible for the combat readiness of 92 personnel and 40 types of AGE valued at \$15 million.

“I’ve been around several AGE flights in my career, and these guys are truly the best. They peaked during the JSI, but by every measurement, they’re superior on a day-to-day basis,” said Lt. Col. John Harris, 48th Equipment Maintenance Squadron commander.

DOD reform promises easier travel, better moves

By Linda D. Kozaryn
American Forces Press Service

WASHINGTON – Service members can expect to see easier travel rules and a better system for moving household goods as the Department of Defense revamps the way it does business, Deputy Defense Secretary John Hamre said at the Pentagon Nov. 8.

The head of DOD's Task Force on Defense Reform said he's heard service members complain about the travel system at every installation he's visited, and he doesn't blame them.

"There are countless steps," he said. "It takes hours to go through it. No one trusts you, so you have to produce all this paper."

Last year, DOD processed 370 million

pieces of backup paper documentation for travel, Hamre said.

"All those little receipts stapled together, photocopied, submitted in quintuplicate – five copies. The average travel reimbursement was only \$250. For every dollar we spent on travel, we were spending an extra 30 cents on a system to manage travel, which is really crazy."

DOD has fielded a prototype travel system at 25 sites around the country. Customer satisfaction improved 75 to 150 percent and costs dropped 65 percent, Hamre said. "We're going to save about \$200 million a year from this, and from the average service member's perspective, they're going to get dramatically improved service."

DOD plans to change the present system by adopting the modern procedures business has developed – relocation ser-

vices, member-arranged moves. "Let the member decide what they want. We'll give them the money, and they can manage the move if they want."

"So what's the incentive for somebody who wants to move themselves with that kind of a system?" Hamre asked. "We've got to clean that up. And that's one of the things we'll be doing in this change of business practices."

The new plan will give service members more flexibility, Hamre said. "If a service member wants us to arrange their move, we will do that. But if they want to have the freedom to move themselves and not be bound by a lot of rules and regulations on how to do that, we're going to let them. If they want to arrange their own move and not be stuck with the moving company we give them, we're going to let them do that."

People first:

Dorm standard impacts members' quality of life

Three new dormitories with the 1+1 configuration recently opened at RAF Lakenheath.

Construction on a new multi-phase dormitory began Nov. 3. The first phase of the 532-room facility is expected to be completed in January 1999. The final phase will be completed in July 2000.

These improvements are part of an Air Force-wide program to improve the quality of life for dormitory residents.

For many people, the quality of their housing has a big impact on how they assess their quality of life. This is true not only for airmen with families, but also for those unaccompanied people who live in dormitories. Unaccompanied housing for the enlisted force remains a top quality-of-life concern for senior leaders, and the Air Force has a master plan to improve dorm living standards.

The first step in this plan is to eliminate the remaining permanent-party central "gang latrine" dorms. These are often the worst dormitory facilities and thus the most immediate quality-of-life construction requirement. Congressional appropriation of funds to replace these dorms should be complete by fiscal 1999, with construction of new dorms complete by fiscal 2001.

The second step is to build new dorms to meet the projected 15-percent shortage. Recognizing privacy

is the top concern of dormitory residents, the Air Force is building all new permanent-party dorms using the Defense Department 1+1 construction standard. This provides for two-person occupancy of an apartment-like unit with a shared bathroom and kitchen and separate, private sleeping quarters. The first unit of this type in U.S. Air Forces in Europe has been built at Lakenheath. All indications are that it is a big success with the troops.

The third step in the dormitory master plan is to replace or convert existing adequate dorms as they wear out. These dorms are in a 2+2 configuration in which two people share not only a kitchen and living area, but also the sleeping area. Until these units are replaced or reconfigured, the Air Force is phasing in a private room assignment policy where space permits. This policy assigns only one person to each unit, thereby providing the desirable privacy. The private-room assignment policy should be fully in place for all grades by fiscal 2002.

The combination of eliminating central latrine dorms, building new dorms in the 1+1 configuration, and starting a private-room assignment policy will go a long way toward increasing the quality of life for unaccompanied airmen. (Courtesy Air Force News Service)



Photo by Capt. Patrick Ryder

On the road, again

SrA. Jason Earle, right, and SrA. Todd Beal, back left, 48th Security Forces Squadron, say goodbye to family and friends Nov. 7 before deploying to Tuzla, Bosnia. Twenty-six security forces members deployed in support of Operation Joint Endeavor.

Gen. Jumper to assume command of USAFE

Gen. John P. Jumper will assume command of U.S. Air Forces in Europe in a 10 a.m. ceremony at Ramstein AB Germany, Dec 5.

The USAFE commander also serves in a NATO role as commander of Allied Air Forces Central Europe. Jumper will move to USAFE from his current role as deputy chief of staff for air and space operations, Headquarters U.S. Air Force. A Texas native, the general earned his commission in 1966 as a distinguished graduate of the Virginia Military Institute's ROTC program. He has commanded a fighter squadron, two wings, and a numbered air force.

The 494th Fighter Squadron will represent the 48th Fighter Wing by sending an F-15E to the change of command ceremony.

The general is a command pilot with more than 4,000 flying hours, principally in fighter aircraft. He served two tours in Southeast Asia, accumulating more than 1,400 combat hours. Jumper will succeed Gen. Michael E. Ryan, who moved from USAFE to become the Air Force chief of staff. (USAFENS)

Mailing deadlines

Following are the deadlines for mailing packages to the United States:

- ☐ Today – SAM parcels
- ☐ Dec. 3 – PAL parcels
- ☐ Dec. 12 – Priority parcels and first class letters
- ☐ Dec. 19 – Express mail

Award of Armed Forces Services Medal

Individuals can receive more than one award of the Armed Forces Service Medal for operations in former Yugoslavia. Anyone deployed during the initial award period who qualified for the award before Dec. 19, 1996 and redeployed on a separate set of orders Dec. 6, 1996 or after, qualifies for another award.

Personnel receiving the second award will wear an oak leaf cluster on the Armed

Forces Service Medal ribbon. Eligible members must submit a copy of their travel vouchers to unit orderly rooms for verification. For more information call SSgt. Dale Matlock at Ext. 3717.

Wear of enlisted rank insignia

The new subdued enlisted rank insignia can be worn on the Gortex jacket instead of the brightly colored insignia. Wear of the subdued insignia isn't mandatory.

Currently, there isn't a sufficient quantity of the subdued insignia to support the free issue to individuals issued the Gortex jacket, according to TSgt. Darryl Jordan, NCOIC customer service, 48th Mission Support Squadron.

Fellowship program

Air Force members wishing to learn firsthand how our nation's government works can do so if they're selected to participate in the White House Fellowship program.

All U.S. citizens, with the exception of federally-employed civilians, can apply for this program that gives exceptional, promising Americans firsthand experience in the process of governing our nation.

Annually, 11 – 19 people work full-time for one year as special assistants to senior executives in cabinet-level agencies or in the executive offices of the president.

Active-duty members may apply and can do so by requesting an application from the President's Commission on White House Fellows, 712 Jackson Street NW, Washington DC 20006, or by calling (202) 395-4522. Applications must arrive at the commission by Feb. 1.

More information about the program can be found at http://www.whitehouse.gov/WH/WH_Fellows/html/fellows1.html.

Mis-identification

The photo on page 25 of the Oct. 31 Jet 48 is of Cassandra and Heather Miller eating lunch at RAF Lakenheath Elementary School's Rocky's Café.

Liberty Warrior

'Can do' person of the week



Photo by SrA. Scott Asche

A1C Jaime Eisenhardt 48th Dental Squadron

Name/rank: A1C Jaime Eisenhardt

Squadron: 48th Dental Squadron

Hometown: Elloree, S.C.

Time in service: Two and a half years

Time on station: Two years

Role in mission: Dental technician

Hobbies: Reading and playing with my daughter

Favorite book: "Intensity" by Dean R. Koontz

Favorite color: Purple

How do you contribute to the wing mission? I help to ensure that all active-duty members are worldwide qualified and ready for anything.

What advantages are there to being stationed here? The chance to travel places you may never have been able to visit before.

If you could be or do anything, what would it be? I'd be a school teacher, grades fifth through eighth, because I really want to make a difference and I love children.

What do you want your children to be when they grow up? I want my children to be whatever makes them happy when they grow up. I'll support them no matter what they do.

What is your philosophy of life and why? Put your life in God's hands and he'll always keep you safe. Don't rely on material things, because they won't always be there, but He will.

What's your favorite region of the United States and why? The east coast, because it's sunny and warm.

What has been your most memorable experience in Europe? My most memorable experience in Europe has been the birth of my six-month old daughter, Katelyn.



Photo by SSgt. Scott Davis

Mail time

SrA. Mike Witmer posts mail at the RAF Lakenheath Base Information Transfer System. Witmer works at BITS, ensuring all 48th Fighter Wing offices and agencies receive daily mail.

Unique holiday tradition celebrated at Christmas on Indian reservation

Story and photo by 2nd Lt. Tammy Laird
48th Equipment Maintenance Squadron

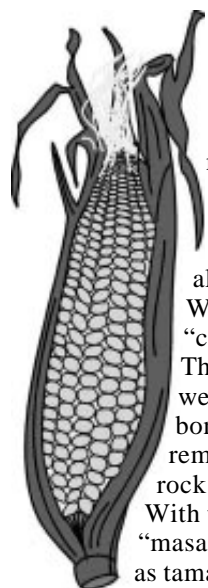
When I first met Soledad Lopez, I was enthralled by her stories of her family and the traditions they share. Her background is Apache (from grandmother's second marriage), and specifically, her father is Pascal Yaqui and her mother is Zuni. One tradition that looms large in most cultures is the celebration of Christmas.

The location is southern Arizona where it's barren, cold and sometimes snows around Christmas. Soledad still has cousins living on the reservation today. When she was younger, her family traveled to the reservation to share Christmas with all 75-90 family members; her grandparents were the head of the clan. All relatives knew they had to report to the reservation, "no excuses," as the head of the clan was keeping tabs on who was and was not present.

Once on the reservation, Soledad and others would gather walnut branches and walnuts from the walnut trees. Then they played "Toku," a game similar to field hockey with the walnut as the puck and the branches as hockey sticks. Three days from Christmas, the entire clan began preparing the Christmas meal. Just as the head of the clan kept tabs on who wasn't present, they were also aware of who helped prepare the meal and who didn't. Soledad explained it was an unwritten family rule from her grandfather, "If you didn't help prepare the meal, you didn't eat."

Soledad said family unity was stressed. "When family members arrived from all states across the country, you didn't leave for at least three days."

In short, there was simply no excuse for not being a part of the Christmas celebration, she said.



Christmas dinner

The Christmas meal took three days to prepare along with everyone pitching in to help, including the men. First, the men would dig a large pit. Next, they would fill the pit with water and add large stones which were made hot by a bonfire. The stones were used to heat the water. Then they would usually cook meat (beef, pork or goat) in the pit. While the meal was slowly cooking in the natural "crock pot," other ingredients were prepared. These ingredients included corn husks, which were dried upside-down, tied to a rope near the bonfire. After the corn was dried, the kernels were removed and ground into flour using a "metate," a rock with a smaller rock used as a grinding stone. With the flour, they made flat bread, fry bread, and "masa," corn meal mush similar to the material known as tamales.

Next, dry chilis were boiled and ground into a sauce. Finally, they combined the ingredients. They took the dried corn husks, now pliable, added corn meal mush, meat in the center, chilies sauce, rolled the husk shut, and steamed the finished combination.

They steamed the final product at 10 p.m. Christmas Eve, since it took two hours for the meal to be ready. No one, including the children, was allowed to go to sleep until after the Christmas meal, eaten at midnight.

The Christmas meal was called "maize" – the finished steamed corn husk – and that was it. They ate nothing fancy because they believe Jesus Christ entered into poverty; they wanted to symbolize his life on the day of his birth. The family usually made 78 dozen "maize" and weren't allowed to eat anything else until all 78 dozen were eaten. Following the meal, everyone was allowed to go to sleep.



Soledad Lopez

Traditions

Other Christmas traditions included Christmas trees not being cut down and taken into houses, but rather decorating the outside trees. Today, Soledad won't cut down a tree to put in her home or purchase a fake tree. Her family will decorate a potted tree so it can be replanted and live after the holidays.

There's not much gift giving, usually the eldest clan member and younger children are the only recipients of gifts. Every extended family from the original clan is required to bring a gift. Gift-giving tends to take a backseat to the more important gift – togetherness with family.

On Christmas Day, the entire clan walks together to the nearest chapel for Mass.

Games played throughout the visit included Toku, rolling of dice, tag – called "Wolf and Deer," and lots of singing. The most memorable song is called "Yeha Noha," a song to wish peace and prosperity to one another. Yeha Noha also means hello. Other tribal songs included the "cradle song," sung to babies.

Soledad said her eldest brother would be next in line to keep tabs on those who weren't present for this mandatory gathering during the Christmas celebration.

She shared their philosophy: "You're one with your body, one with the earth, one with your soul, one with the Lord, and even everyday things revolve around that."

**November is
Native American Month**
See pages 18, 19 for more articles

Red Cross volunteers: *A community force*

There are more than 300 Red Cross volunteers at RAF Lakenheath who provide Liberty Wing members and their families with emergency communication services, hospital assistance, Health and Safety instruction and certification, and base schools support.

Red Cross volunteers in the dental clinic contribute more than 20,000 hours of service annually to help ensure community dental care is available for the Lakenheath and Mildenhall communities.

In Lakenheath's main hospital, volunteers have donated nearly 7,600 hours annually to assist in services such as the emergency room, recovery room, and the OB clinic. Red Cross volunteers also provide administrative assistance in outpatient areas such as the family practice clinic, the OB clinic, pharmacy, and the First Steps program.

Another significant area of Red Cross volunteers support is the Department of Defense Dependent Schools in the community. Last year, volunteers gave more than 11,000 hours of their time to support school programs.

Anyone interested in volunteering for the Red Cross should call Ext. 1855.

How to recognize volunteers

For more comprehensive details on providing volunteer recognition, contact family support center volunteer coordinator Gail Lyons-Roberts at Ext. 3847.

■ Milestone hours

Certificates of appreciation are awarded for volunteers who work 100, 250, 500, 750, 1000, 1250, 1500, and 2000 cumulative hours.

■ Angel Pin award program

Volunteers who have contributed significantly to the quality of life of Air Force people, their families and the community may be eligible for the coveted Angel Pin. Nominations are accepted throughout the year and may only be awarded once.

■ Personal recognition

Be sure to thank volunteers who've impacted your community or workplace. Often times a simple 'thank you' makes all the difference to those who give their time. Consider certificates of appreciation or taking them out to an 'office' lunch to show appreciation.

For more volunteer recognition ideas, call the Family Support Center at Ext. 3847.



Photo by SrA. Robert Gerlach

Liberty Link volunteer Julietta Herrera helps a new Liberty Wing member at the RAF Mildenhall Air Passenger Terminal.

Liberty Link volunteers connect families with base community

**By Capt. Patrick Ryder
48th Fighter Wing public affairs**

Alone. In a new place and in a new country. That's how many people and families first find themselves at RAF Lakenheath.

But thanks to several volunteers, there's a new family support center program called Liberty Link which connects Lakenheath's new families directly with the Liberty Wing community.

"Liberty Link is an outreach program designed to provide education and referral resources to military families," said Glenda Alexander, program coordinator. "Liberty Link representatives are volunteers available to address questions and concerns regarding the many programs and services available at Lakenheath and surrounding communities."

Dorothy Jacobson-Otte, a Liberty Link volunteer, said the program is good because it provides one-to-one contact with newcomers. This is important because newcomers may feel out in "left-field" — especially the spouses and families, she explained.

"The active-duty member is terribly, terribly busy," she said. "They've got enough to think about with their job in front of them."

It's tough for them "to try to remember where the youth center is, and (to) try to get childcare, and how to get their spouse involved in a job if they want it, and where is the arts and crafts center," she said.

That's where Liberty Link's volunteers come in.

Three volunteers contact families at various stages of their arrival in the United Kingdom. Liberty Link representative Julietta Herrera meets newcomers at RAF Mildenhall's Air Mobility Command terminal Tuesday

mornings to welcome them and match people with their sponsors. She also assists in making billeting arrangements if necessary. Jacobson-Otte attends the wing's weekly newcomer briefing to ensure new arrivals know how to find answers to questions they may have. She also supports the base INTRO program by serving as a local area tour guide for the weekly newcomer orientation bus trip. Allison Norwood, a third representative, is responsible for contacting incoming families by telephone to offer assistance if they were unable to attend the newcomer's briefing or wing's introduction program.

Understandably, being this involved can also mean a lot of work for the volunteers. Although they work for no monetary payment, they do get paid with a sense of accomplishment.

The best part about volunteering is seeing that you're making a difference, said Herrera, who's volunteered at Lakenheath for more than a year. Liberty Link also taught her things about the base she didn't know before.

"Since I've started, I've learned a lot about the base and a lot of other things," she said. "I have friends whose husbands go TDY and they don't know what services are available — now I'm the one who says where to go get (these services)."

The nine-month old program has been well received by newcomers and a great support to the base introduction program staff, in particular because of the volunteer nature of the representatives.

"Dorothy Jacobson-Otte, Allison Norwood, and Julietta Herrera are three unsung heroes who have dedicated their time to helping Liberty Wing families," Alexander said. "They have demonstrated . . . that they not only have warm hearts, but hearts of gold."

The Plymouth Thanksgiving Story

(Excerpts reprinted with permission of the Highline Public Schools, Seattle, Wash.)

When the Pilgrims crossed the Atlantic Ocean in 1620, they landed on the rocky shores of a territory that was inhabited by the Wampanoag (Wam pa NO ag) Indians. The Wampanoags were part of the Algonkian-speaking peoples, a large group that was part of the Woodland Culture area. These Indians lived in villages along the coast of what is now Massachusetts and Rhode Island.

We can only guess what the Wampanoags must have thought when they first saw the strange ships of the Pilgrims arriving on their shores. But their custom was to help visitors, and they treated the newcomers with courtesy. It was mainly because of their kindness that the Pilgrims survived at all. The wheat the Pilgrims had brought with them to plant would not grow in the rocky soil. They needed to learn new ways for a new world, and the man who came to help them was called "Tisquantum" (Tis SKWAN tum) or "Squanto" (SKWAN toe).

Squanto was originally from the village of Patuxet (Pa TUK et) and a member of the Pokanokit Wampanoag nation. Patuxet once stood on the exact site where the Pilgrims built Plymouth. In 1605, fifteen years before the Pilgrims came, Squanto went to England with a friendly English explorer named John Weymouth. He had many adventures and learned to speak English. Squanto came back to New England with Captain Weymouth. Later Squanto was captured by a British slaver who raided the village and sold Squanto to the Spanish in the Caribbean Islands. A Spanish Franciscan priest befriended Squanto and helped him to get to Spain and later on a ship to England. Squanto then found Captain Weymouth, who paid his way back to his homeland. In England Squanto met Samoset of the Wabanake (Wab NAH key) Tribe, who had also left his native home with an English explorer. They both returned together to Patuxet in 1620. When they arrived, the village was deserted and there were skeletons everywhere. Everyone in the village had died from an illness the English slavers had left behind. Squanto and Samoset went to stay with a neighboring village of

Wampanoags.

One year later, in the spring, Squanto and Samoset were hunting along the beach near Patuxet. They were startled to see people from England in their deserted village. For several days, they stayed nearby observing the newcomers. Finally they decided to approach them. Samoset walked into the village and said "welcome," Squanto soon joined him. The Pilgrims were very surprised to meet two Indians who spoke English.

The Pilgrims were not in good condition. They were living in dirt-covered shelters, there was a shortage of food, and nearly half of them had died during the winter. They obviously needed help and the two men were a welcome sight. Squanto, who probably knew more English than any other Indian in North America at that time, decided to stay with the Pilgrims for the next few months and teach them how to survive in this new place. He brought them deer meat and beaver skins. He taught them how to cultivate corn and other new vegetables and how to build Indian-style houses. He pointed out poisonous plants

wigwams and had also managed to build one European-style building out of squared logs. This was their church. They were now in better health, and they knew more about surviving in this new land. The Pilgrims decided to have a thanksgiving feast to celebrate their good fortune. They had observed thanksgiving feasts in November as religious obligations in England for many years before coming to the New World.

Captain Miles Standish, the leader of the Pilgrims, invited Squanto, Samoset, Massasoit (the leader of the Wampanoags), and their immediate families to join them for a celebration, but they had no idea how big Indian families could be. As the Thanksgiving feast began, the Pilgrims were overwhelmed at the large turnout of ninety relatives that Squanto and Samoset brought with them. The Pilgrims were not prepared to feed a gathering of people that large for three days. Seeing this, Massasoit gave orders to his men within the first hour of his arrival to go home and get more food. Thus it happened that the Indians supplied the majority of the food: Five deer, many wild turkeys, fish, beans, squash, corn soup, corn bread, and berries. Captain Standish sat at one end of a long table and the Clan Chief Massasoit sat at the other end.

For three days the Wampanoags feasted with the Pilgrims. It was a special time of friendship between two very different groups of people. A peace and friendship agreement was made between Massasoit and Miles Standish giving the Pilgrims the clearing in the forest where the old Patuxet village once stood to build their new town of Plymouth.

(Excerpts from 'The Plymouth Thanksgiving Story' available on the World-Wide Web at <http://www.night.net/thanksgiving/lesson-plan.html>)



Print courtesy of Library Congress

Chief Massasoit, leader of the Wampanoag Indians, confers with Miles Standish, leader of the pilgrims, to create the Massasoit peace treaty on March 22, 1621. The treaty was never broken.

and showed how other plants could be used as medicine. He explained how to dig and cook clams, how to get sap from the maple trees, use fish for fertilizer, and dozens of other skills needed for their survival.

By the time fall arrived things were going much better for the Pilgrims, thanks to the help they had received. The corn they planted had grown well. There was enough food to last the winter. They were living comfortably in their Indian-style

Liberty family recipes



SSgt. Randy Otte and Dorothy Jacobson-Otte

Golden Glow Salad

SSgt. Randy Otte and Dorothy Jacobson-Otte
48th Operations Group

Ingredients:

- 1 Pkg Lime Jello
- 1 Pkg Lemon Jello
- 1 Teaspoon of Vinegar
- 1 Cup Shredded carrots
- 1/2 Cup drained crushed pineapple

Directions:

Make gelatin as directed with only 1-1/2 cup of cold water used. Add 1 tsp of vinegar, 1 cup of shredded carrots, and 1/2 cup drained crushed pineapple. Set in a rectangle. When set, smooth thin layer of miracle whip over the top. Serves 6-8.

Roast Turkey

Knight's Table Dining Facility
48th Support Group

Ingredients:

- Whole turkey
- Salt
- Salad oil

Directions:

Remove bands from legs; open turkey cavity. Cut off wing tips. Wash turkey thoroughly inside and out, under cold running water. Drain well. Rub cavity with salt. Tuck legs and tail into cavity. Place in roasting pan, breast side up. Rub skin with salad oil or melted shortening. **DO NOT ADD WA-**



Knight's Table Dining Facility chefs

TER. Insert meat thermometer in center of inside thigh muscle. Roast uncovered until meat thermometer registers 180-185 degrees fahrenheit. Baste frequently with drippings.



Capt. Ellis Jackson and family

Cranberry Sauce DOB (done one better)

Capt. and Mrs. Ellis Jackson
48th Medical Group

Ingredients:

- 2 one pound cans whole cranberry sauce
- 1 28-ounce can Bartlett pear halves
- 1/2 cup raisins
- ground cinnamon
- ground nutmeg
- ground ginger

Directions:

Gently warm cranberry sauce using a medium saucepan over low heat; stir to prevent scorching. Drain and discard syrup from pears; dice pears (bite-sized); add to warmed cranberry sauce. Add raisins and continue to stir gently until warmed through. Add ground spices to taste (careful with the ground ginger!) Cool mixture at least 4 hours or overnight in closed container in refrigerator (to let flavors meld, raisins will become plump). Serve as you would cranberry sauce (may be served warm or chilled).

Variations:

- Add liquors to intensify flavors (Grand Marnier works well)
- Serve warm over vanilla ice cream as a dessert
- Spread a little in a sandwich when you have leftover turkey



SSgt. Mark Greenstreet and family

Stuffing

Hortencia and SSgt. Mark Greenstreet
48th Fighter Wing

Ingredients:

- 1 1/4 cups flour
- 3/4 cup Quaker corn meal
- 1/4 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 cup skim milk
- 1/4 cup vegetable oil
- 1 egg

Directions:

Preheat oven to 400 degrees. Combine dry ingredients. Stir in milk, oil and egg, mixing until moistened. Pour batter into greased 9-inch pan. Bake 20-25 minutes or until light brown. Let cool 20 minutes.

Complete stuffing by crumbling corn bread in a large bowl and mixing in:

- 1/2 cup finely chopped chicken or turkey
- 1/2 cup chopped celery
- 1/2 cup green bell pepper
- 1/2 cup chopped onion
- 1 tsp. poultry seasoning

Add the following until completely moist:

- 3/4 cup chicken or turkey broth
- 2 tbsp. melted butter

Place stuffing in greased 9 X 13 inch pan and bake at 350 degrees for 25 minutes or until semi-dry and browned.



MSgt. Christopher Cooper and family

Corn Augratin

MSgt. Christopher and Laurie Cooper
48th Logistics Group

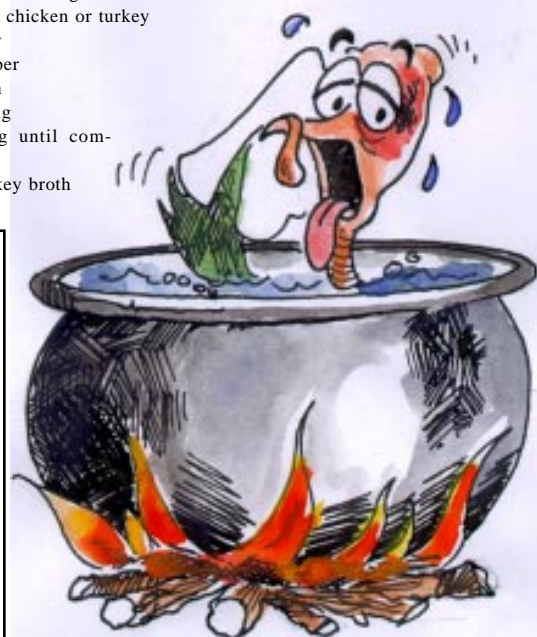
(Great Thanksgiving main course for vegetarians)

Ingredients:

- 2 15 oz. cans creamed corn
- 2 eggs
- 1 cup saltine cracker crumbs or dry bread crumbs
- 3/4 cup shredded cheddar cheese
- 2 T butter or margarine
- 1/4 t salt

Directions:

Place corn in mixing bowl; add crumbs. Beat eggs separately, and stir in. Add cheese and salt; pepper to taste, and mix thoroughly. Pour into 8x8 square or 2 quart casserole dish. Dot butter on top. Bake for 35-45 minutes, uncovered in preheated 400 degree oven, until lightly brown and edges crisp.



Cooking safety

Thanksgiving is a time to celebrate friendships and be thankful for the good things in your life. Don't turn celebration into disaster by being unsafe. Here are a few cooking safety tips to help make this the best Thanksgiving ever:

- ☐ Never leave cooking unattended.
- ☐ Always use pot holders or oven mitts when removing hot items from the oven, stove top, or microwave oven, and never allow young children to do this task.

- ☐ Don't overload kitchen electrical outlets.

If children are your handy helpers, keep these thoughts in mind:

- ☐ Never allow children to cook alone.
- ☐ Have children use a steady stool to reach counter tops.
- ☐ Never allow young children to handle knives.

Bear, alligator, go on grand European tour

By TSgt. Mary McHale
48th Fighter Wing public affairs

It was hardly a typical phone call from base operations.

"We have this bear who just arrived and he's traveling around the world. He has a camera and a journal and I think he's been on the news."

"Whoa! You have a who doing what?," I exclaimed.

"Who" they had was "Christopher Thomas Kinsington," a dark brown, 19-inch stuffed bear attired in a plaid vest, with a golden bow and a personalized dog tag around his neck. Accompanying him was his traveling companion "Al E. Gator," a foot-long, stuffed, green and white rendition of the reptile. Each are part of a school social studies project launched from two schools in Louisiana. They arrived at base operations here care of a C-130 aircrew from Denmark.

"They were brought in and put on the counter from someone in the transportation squadron who told us the story," said SrA. Pamela Cantrill, 48th Airfield Operations Flight. "We didn't know about



Photo by SSgt. Scott Davis

MSGT. Bill Harris, 48th Fighter Wing historian, shows Al E. Gator and Christopher Thomas Kinsington some archaeological artifacts from the Saxon site on base.

the alligator at first, he just told us about the bear. I think it's a really worthwhile project and I'm glad to be a part."

Kinsington and Gator both travel in their own roomy plastic carriers that also contain their travel diaries, cameras, bedding and notes from the students in Louisiana.

Kinsington is the property of the fourth-graders at Christ the King Parish School in Terrytown, La., and Gator reigns from an elementary school in Lafitte, La. Although they were initially sent off separately, they both arrived in Rota, Spain, at

approximately the same time and have traveled together since.

According to journal entries, since the pair departed the Bayou State in September, they have each already traveled quite a bit. "I am in Washington D.C.," an Oct. 1 entry in Gator's journal indicates.

Four days later however, he found himself at Naval Air Station Sigonella in Sicily, Italy. His journal entry recounted his wait there Oct. 5.

"The people from VR-54 were great. They helped get me here.

"It was sad to say good-bye to all my new friends but I must be on my way. I am sitting in base operations waiting on a ride."

From Sigonella, Gator went to Rota where he "met" Kinsington. Next, they traveled to Northolt, England, where they were treated to a "full English breakfast" before traveling to RAF Mildenhall and then to Denmark.

Apparently, as his first journal entry noted, this isn't the first time Kinsington has traveled the world. Last year the furry fellow not only traveled by sea, but air as well when he flew in an F/A 18 jet with the Navy aerial demonstration team, the Blue Angels.

Kinsington's plaid vest is adorned with various mementos, including military ribbons and a pin from the Fellowship of the Knights of the Round Table. In addition, hosts along the way have enclosed bro-

See Tour, Page 20

Spirit Walker dancers tell stories through dance, song

By A1C Christopher Black
493rd Fighter Squadron

Being an Inupiaq Eskimo from Anchorage, Alaska, I feel it's my duty to participate in activities involved with Native American Month. But, I didn't know how impressed I'd be by the presentation of the Spirit Walkers Dance Troop, who performed at the RAF Feltwell Elementary School Nov. 5.

The Spirit Walkers Dance Troop of Warm Springs, Oregon, was formed by Joe Tuckta, manager and traditional dancer. It's comprised of six members from different tribes. The troop tours Department of Defense bases to familiarize and educate military members and

their families on Native American heritage.

Each presentation during the performance was unique and had a significant meaning behind it. The show began when Dereke Tasymp, drummer, grass dancer and master of ceremonies, introduced the "Grand Entry." It signified the unity of the dancers and their people in the sacred circle. Following the introduction, Tuckta, James Greene, Lena Edwards, Sandra Greene, Shon Histake and Tasymp made the grand entrance to an audience of unsuspecting, awestruck boys and girls of the elementary school.

The movement of the dancers was graceful, precise and full of hidden meanings. Each song brought with it a



Courtesy photo

Joe Tuckta, Spirit Walkers' manager and founder, performs the Crow Hop at RAF Feltwell Elementary School Nov. 5..

philosophy and regalia that was symbolic, right down to the last feather, bead and jingle.

People must have an open mind and put aside the Hollywood depiction of the American Indian. This is the begin-

See Dancers perform..., Page 20



Discover Britain

By Linda Laws
Community relations advisor

Book about Chief Long Wolf leads woman to help return warrior from burial ground in England to final resting place in his homeland ...

Indian chief's long return home

Chief Long Wolf returns home

It's amazing what reading an old book can lead to. Thanks to the efforts of a British woman who found an old book in an antique market in Worcestershire, the remains of Lakota Chief Long Wolf, a Sioux Indian Chief, have now been returned home for burial. He's reached his final resting place in an ancestral burial ground of the Oglala tribe at the Pine Ridge Reservation, Wounded Knee, S.D.

The book in question was found by Elizabeth Knight, and contained the story of Chief Long Wolf and how he came to England as part of "Buffalo Bill" Cody's Wild West Show at Earl's Court in London in the 1890s.

Long Wolf died of pneumonia in 1892 at the age of 59 and was buried in the corner of a crowded London cemetery in Brompton. Cody arranged for the burial of Long Wolf in the cemetery along with a 17-month-old girl in the troupe known as Star. Star was the daughter of another Sioux, Ghost Dog. She died after falling from a horse.

Long Wolf is alleged to have drawn a picture of a howling wolf (his namesake) while on his deathbed which he asked to be carved on his gravestone. This wish was granted and helped to identify the grave. When he knew that he was dying, it's said he spoke of how much he yearned to go home. Medicine men and holy men say that the spirit doesn't rest until the body is brought home.

Long Wolf's wife and daughter returned to the United States but were unable to take Long Wolf with them and, over the years, the family lost track of where the body lay.

Elizabeth Knight was so moved by the story that she set about tracking down both the burial site and his descendants. She placed advertisements in American publications. One advertisement was read by John Black Feather, Long Wolf's great-grandson.

He said that his mother, Jessie Black Feather, now 87, was delighted to be able to fulfill her grandfather's wish. It then took four years of bureaucracy to reach the farewell service, which took place in a chapel near Brompton cemetery in late September. During this time, letters were exchanged between the State Department and the British Government.



Courtesy photo

Sioux funeral procession leaves Brompton cemetery after Chief Long Wolf's body is exhumed in September.

Other information on Chief Long Wolf

According to family legend, Long Wolf was among the warriors who wiped out Col. George Custer's 7th Cavalry at the Battle of Little Big Horn in 1876 before the Sioux warriors were defeated. Long Wolf joined Buffalo Bill's performers rather than join his fellow survivors in subjugation.

The original autopsy conducted in London by Dr. Coffin described the Chief's body as "covered in gunshot wounds and sabre cuts" believed to have been inflicted in battles with the U.S. cavalry.

Other Native Americans who have lived and died in England

Chief Long Wolf is not the only native American to have died in England. The remains of Pocahontas, the first American to be buried in England, were buried in March 1617 in the inside of a church along the riverside in Gravesend, Kent. She died of smallpox while awaiting her return to America. The actual burial place has never been found because a great fire ravaged the riverside at Gravesend in 1727, and destroyed the church. However, in October 1958, the governor of Virginia and a delegation of 100 brought a statue of Pocahontas for the town of Gravesend. Also, Her Majesty The Queen opened the Pocahontas Gardens beside today's St. George's church in 1958, as part of the growing recognition of the significance of this Indian princess in the links between England and America.

Right on our doorstep in the churchyard at Eriswell lie the remains of James Paul, a native American who was sent to England at age 14 to be educated by the New England Company. James Paul arrived in England in December 1818 but only survived two years (to the day) and died in December 1820. It is believed he died of the cold and damp climate.

THANK YOU

On behalf of the village of Lakenheath, I would like to extend their thanks to the volunteers who gave up their time Nov. 15 to help with the annual Lakenheath Warren cleanup. The volunteers arrived ready for work at 8:30 a.m. and had finished around 10.30 a.m. – great work – and thank you to all those involved.

Dancers perform at elementary school

From page 18

ning to truly understanding and appreciating this misunderstood, misinterpreted culture. This production brought the entire experience of exploring a heritage where the garments, colors, songs, dances and philosophy were a way of life.

It was neat to witness the awe on the children's faces when the "Flag Song," the Indian version of the U.S. National Anthem, was performed. Everyone stood to give respect to the national anthem as Tasymp sang. Next, he performed the "Grass Dance" to bless the ground. The colors of his garment represented an appreciation of all creation – red for the blood which gives life, green for the vegetation, orange for the sun, yellow for the sunlight, light blue for the sky, dark blue for the water, and purple for the color of the morning sky.

The dances

The "Jingle" dance, performed by Sandra Greene, reflected the life of a young woman who brought great joy to her people. One day, her man walked out on her. She became very depressed, which in turn caused her people to be depressed, too, since they loved her dearly. One night in a dream, she was told how to make a dress and to dance a dance to bring joy into her life once more. She awoke and obeyed the dream, which was sent by the Creator, to help heal her heart.

Her dress had 365 jingles on it to symbolize the days of the year. After she performed the dance, her heart healed along

with her people's sorrow, and in the end, her man returned to her.

The most meaningful song was called "Soldier Boy," and was dedicated to all veterans who had served or fallen in war. It was performed to honor all military personnel serving in the Armed Forces. This performance was dedicated to 2nd Lt. Tammy Laird, 48th Equipment Maintenance Squadron, and myself – what an honor!

Other dances were also performed, such as the "Crow Hop," an inter-tribal dance of a traditional nature. It's performed by a warrior who earned the right to wear the eagle feather, Tuckta. The eagle and its feathers are sacred to the Indians, for it signifies strength.

The women's traditional dance was performed by Edwards. Her outfit was made with an elaborate and dignified history behind it. It was to be worn by the woman who takes on the responsibilities of the traditional Native American family and becomes head of the household. She wore red, white and blue in memory of Tasymp's grandfather, Benjamin Dick. This warrior died in Germany while serving in the military



Courtesy photo

Spirit Walkers dance troop entertain Raf Feltwell Elementary School students Nov. 5 as part of Native American Month activities. The group also performed at the RAF Mildenhall youth center.

in World War II.

The final dance, the "Hoop Dance," used 17 hoops to represent all life in a circular pattern, and with these hoops, James Greene constructed familiar animal shapes meaningful to the Indians. The children applauded continuously as he created new shapes while dancing quickly. The dancers concluded by mingling with their excited audience.

Handshakes turned into the ever-so-popular international salutation – the high five – and the children responded in kind. For a brief moment, audience members longed to express life as they had through their dancing. The celebration provided them an escape to a simpler world.

Tour

From page 18

chures and guides from their particular local area. The bear and gator's journals also include entries from the students who sponsored the project. Gator's journal includes pictures of all the students along with their letters. Kinsington's journal contains 50 letters from the students at his home and an envelope with an "allowance" as well.

At each stop, their new-found friends are asked to send two postcards to the children's schools to keep the students updated on their travels.

As one of Kinsington's own journal entries pointed out, "I am very grateful for this experience and I know the students will be happy to hear from me."

"You see, they get kind of worried about me because I am away for a very long time. And when they don't hear from me, they think I am lost."

Most of the letters express affection

"Anyway, in our fourth grade class we have a teddy bear named Chris. We send him all around the world. Maybe you could take care of him. You must take good care of him though."

*Annalisa Hernandez,
fourth grade student*

for the bear and gator and several request guardians to "please take care" of Chris and Gator.

As one Terrytown student, Annalisa Hernandez, wrote about Chris:

"Anyway, in our fourth grade class we

have a teddy bear named Chris. We send him all around the world. Maybe you could take care of him.

"You must take good care of him though."

And then there were these entries from Gator's journal:

"Hi my name is Ryan Strother. Take care of Al E. Gator. When he comes back we want to know where he's been. Make sure he sends postcards."

"Hi, I am Dallas. How are you doing? I live in Lafitte. Please treat Al E. Gator nice. He loves children."

Following a photo with the Liberty Wing historian, MSgt. Bill Harris, they were carefully tucked in their carriers and brought to base ops for the next leg of their adventure.

There, as Cantrill reviewed the flight board, their fate was decided – they would be going on to Germany.

Commissary closed

The RAF Lakenheath Commissary is closed Thursday for Thanksgiving. The RAF Mildenhall commissary is open from 10 a.m. - 3 p.m. Thursday.

Christmas concert

The U.S. Air Forces in Europe band performs from 7:30 - 9:30 p.m. Dec. 4 at the St. Edmundsbury Cathedral in Bury St. Edmunds. Cost is £5. Tickets can be purchased by calling (01284) 754933, or at the St. Edmundsbury Cathedral Office in Bury St. Edmunds. All proceeds from the concert go to charity.

Post office extends hours

Parcel pickup hours are extended to 7:30 p.m. Mondays - Fridays Dec. 7 - 23. Christmas Eve pickup hours are 7:30 a.m. - 9 p.m. Normal hours resume Dec. 29.

Parcel mailing appointments are available for RAF Lakenheath box holders until Dec. 19 from 7:30 - 8:45 a.m. Monday, Tuesday, Thursday and Friday, and from 7:30 - 10:30 a.m. Wednesday.

Ely Thanksgiving service

The Ely Cathedral Thanksgiving service is 7 p.m. Wednesday. The pre-service musical program starts at 6:30 p.m. A reception and dessert social at the cathedral follows the service.

Shuttle busses will depart both RAF Lakenheath and RAF Mildenhall chapels for Ely at 5:30 p.m. Military members and their families may ride the busses for free. Return time is 10 p.m. Parking will be limited. Also, military members customarily wear service dress uniforms to the service.

Anyone interested in contributing des-

serts should drop them off at the chapel by noon Wednesday. For more information or to volunteer for the reception committee, call Chap. (Capt.) Cherri Wheeler at Ext. 3711.

Well-baby dental program

Children under 3 years can be seen by the pediatric dentist from 8 - 11 a.m. Dec. 1 and Dec. 15 at the RAF Lakenheath Community Activities Center. No appointment is necessary. Children will receive an exam, cleaning, fluoride treatment and oral hygiene instructions.

The Air Force Services for the Exceptional Child will be available during the same times to perform developmental screening of children and answer parents' questions. For more information call Lt. Col. Jeff Mabry at Ext. 5665 or 2976.

Christmas tree sales

Area Boy Scouts and Cub Scouts will hold their annual Christmas tree sales at Field 3 behind the commissary Nov. 29 - Dec. 23. The hours are 4 - 7 p.m. Mondays through Fridays, 9 a.m. - 6 p.m. Saturdays, and noon - 6 p.m. Sundays. The profits provide operating funds to support 10 scouting units in the local military community.

Breast cancer class

The 48th Medical Group offers breast cancer prevention classes until Jan. 30. The classes instruct women on screening procedures and

risk factors of breast cancer. Self-examination is taught. Anyone interested in attending a class or having one taught to a large group, call Marla Bernard at Ext. 6396.

Christmas singers needed

Anyone interested in singing in an Anglo-American chorus in Bury St. Edmunds Dec. 4 should call Robert Tompkins at (01638) 515586, or e-mail (bob@astra.co.uk). Participants or those interested in performing should attend the first rehearsal at 7 p.m. Monday in area B in the RAF Lakenheath Chapel. The chorus will perform with the U.S. Air Forces in Europe Band and the St. Edmundsbury chorus in a community Christmas concert at the St. Edmundsbury Cathedral. Call Capt. Patrick Ryder at Ext. 2151 for more information.

Communications course

A cross-cultural communications course is Dec. 8 - 12 at the RAF Mildenhall base theater. The course is designed to improve communication and problem-solving skills of Department of Defense personnel engaged in training, administration and negotiation with foreign military and civilian personnel.

Regions covered include sub-Saharan Africa, Russia, Central Asia, Europe and the Middle East. Tickets are available to military and government personnel. Call 89-4686 for tickets or more information. Tickets may be available for military-sponsored family members older than 18.

Family support center

RAF Lakenheath Family Support Center classes are at the family support center unless otherwise noted. For location, registration and information on programs, call the FSC at Ext. 3847, or stop by building 692. To sign up for any classes, call Ext. 3847 or e-mail bill.sokolis@lakenheath.af.mil.

Living in the U.K. - 8-11:30 a.m. Dec. 2, 9 and 23 at the base theater

PCS with ease - 1-3 p.m. Dec. 3

Job-surfing the Internet - 1-5 p.m. Dec. 3

Hearts Apart - Fridays, 10 a.m.-noon
Career Café - Resumes and cover letters - 1-3:30 p.m. Dec. 5

Adoption meeting: Learn about home studies - 12:30-2:30 p.m. Dec. 7

E-4 and below financial class - 1-3:30 p.m. Dec. 8

Working in the U.K. - Center Parcs - 1-3 p.m. Dec. 11

Transition Assistance Program (3½ days) - Dec 15, 1-5 p.m., Dec 16-18, 8:30 a.m.-5 p.m.

Basic investing - 2-4 p.m. Dec. 16

How to motivate your child - 2-4 p.m.

Dec. 18

Write-Stuff application workshop - 11 a.m.-1 p.m. Dec. 19

Volunteer supervisor holiday thank you - 2-4 p.m. Dec. 19

Monday through Nov. 30 is the "Week of the Military Family." The Family Support Center will provide a series of video classes with special interest for military families. All classes are 11 a.m. - 1 p.m. Bring your own lunch.

Monday - "Balancing work and family" - Learn skills for successful life management. This class is designed for busy working individuals who have other home and/or outside commitments.

Tuesday - "Save with Coupons" - Learn how to save thousands of dollars by using grocery coupons. The film will be followed by specific information on how to use coupons at RAF Lakenheath to dramatically lower your family's food bill.

Wednesday - "The Ultimate Job Search" - Hear from the experts how to write winning resumes and cover letters. For those currently looking for U.K. employment, a local staffing agency will hold a hiring seminar at 2 p.m.

Community Meeting

Tuesday, 11 a.m.

RAF Lakenheath Officers' Club ballroom



Come get information about upcoming events, activities, and services. Featuring community speakers from DODDS, Services, AAFES, and more!

Call Chris Lawson at Ext. 3134
for more information

What's on at Services

Tonight	Saturday	Sunday
<div> <div> <input type="checkbox"/> A crud tournament is at 6 p.m. at the officers' club. (Ext. 3636) </div> <div> <input type="checkbox"/> The steak house is open from 5:30-0p.m.(Ext.2223) </div> <div> <input type="checkbox"/> There's a buffet at 5 p.m. at the Liberty Club for all members. (Ext. 3869) </div> </div>	<div> <div> <input type="checkbox"/> Teen newcomer's tour to Cambridge leaves at 10 a.m. (Ext. 3180) </div> <div> <input type="checkbox"/> A turkey shoot is at the golf course. (Ext. 2223) </div> <div> <input type="checkbox"/> It's "Flambe" night at the Liberty Club, for members only. (Ext. 3869) </div> </div>	<div> <div> <input type="checkbox"/> Public school skeet championships are at the rod and gun club. (Ext. 2368) </div> <div> <input type="checkbox"/> A family skate session isfrom2-6p.m.(Ext.1627) </div> <div> <input type="checkbox"/> IT trips go to Hampton Court Palace and Dover Castle. (Ext. 2979) </div> </div>

Pictures with Santa

The RAF Lakenheath Community Center staff offers pictures with Santa at 10 a.m. Saturdays and Sundays. People can have their children's or pet's pictures taken. Packages cost \$27.50 and include one 8x10, two 5x7s and six wallet-size photos. Photos are available one week after taken and are mounted. For an appointment call Ext. 2221.

'Play On' tickets on sale

Tickets for the theater production of "Play On" are on sale at the community center. Doors open at 7:30 p.m. Dec. 4. Cost is \$4. Other performances are at 7:30p.m. Dec. 5 and 6. Cost is \$6. Tickets must be bought in advance. For details call Ext. 2221.

Chess club

The next chess club meeting is from 4-6p.m. Sunday at the community center. For more information call Ext. 2221.



Today
Lunch: vegetarian spaghetti, New England boiled dinner and lemon-herbed baked fish
Dinner: spinach-lasagna, pepper steak and New-port-fried chicken

Saturday
Brunch: ginger pot roast and chicken tetrazzini
Supper: steak smothered with onions, baked chicken and barbecue beef cubes

Sunday
Brunch: Italian meat loaf and pasta primavera
Supper: baked chicken and rice, roast pork and fish and chips

Monday
Lunch: tuna-cheese macaroni, Szechwan beef and hamburger stroganoff
Dinner: baked stuffed pork chops, hot and spicy chicken and vegetarian-stuffed peppers

Tuesday
Lunch: parmesan chicken patty, jaegerschnitzel and Creole shrimp
Dinner: country-style steak, spaghetti with meat sauce and herbed spinach-bake

Wednesday
Lunch: southern-fried catfish, barbecue spareribs and southern-fried chicken
Dinner: braised beef and noodles, herbed Cornish hens and breaded liver and onions

Thursday, Thanksgiving Day
Roast turkey, steamship round roast beef and baked ham

Thanksgiving buffets

The Liberty Club serves a Thanksgiving Day buffet from 10 a.m. - 3 p.m. Thursday. The officers' club serves a buffet from 11 a.m. - 2 p.m. To make reservations at the Liberty Club call Ext. 3869. Call Ext. 3636 to make reservations at the officers' club.

Antique show

An antique show is from 9:30 a.m - 4:30 p.m. Nov. 30 at the youth center. Entrance is free. Call Ext. 3180 for details.

November specials

The arts and crafts center offers two-for-one framing classes throughout November. The woodcraft center has a crating special for mailing big gifts back to the states. Also, they offer a carve-a-Santa class in November. Call the arts and crafts center at Ext. 2194 or the woodcraft center at Ext. 3367 for more information.

Equipment rental special

The November special of the month at equipment rentals is \$2 off rental of a shampooer when shampoo is purchased. For details call Ext. 2146.

Pizza special

The Great Little Pizza Place offers a Thai Chicken Pizza as special of the month. The pizza features strips of spicy peanut-ginger chicken over a sweet-and-sour sauce, with green peppers, onions and roasted peanuts. Large size costs \$10.50. Call Ext. 2497.

Spanish Classes

The RAF Lakenheath Community Center offers conversational Spanish classes from 5:30-7:30 p.m. Mondays. Classes run for four weeks and cost \$22.50. Classes are open to all ages. Call Ext. 2221 to sign up.

Piano, guitar lessons

The youth center holds piano and guitar lessons from 3:30-7:05 p.m. Fridays. Sessions are 30 minutes and cost \$12 per session. For more information call Ext. 3180.

At the movies

RAF Lakenheath

Today

7 p.m. – **“Leave it to Beaver”** (PG) The Cleavers are living in the 1990s and Ward Cleaver wants his youngest son, Beaver, to follow in his brother Wally’s footsteps.
9:30 p.m. – **“The Conspiracy Theory”** (R) Starring Mel Gibson and Julia Roberts. A taxi driver finds his paranoid conspiracy theory about his passenger is true.

Saturday

4 p.m. – **“Steel”** (PG-13) Starring Shaquille O’Neil and Judd Nelson. A blue-collar metals specialist discovers that top-secret Army weapons he helped design are being used to help commit high-tech robberies.
7 p.m. – **“Gattaca”** (R) Starring Ethan Hawke and Uma Thurman. In the not-too-distant future, genetic engineering is society’s controlling force. Every citizen’s life is mapped out from a drop of blood taken at birth.

9:30 p.m. – **“GI Jane”** (R) Starring Demi Moore. A Navy intelligence office is chosen as the first female candidate to join the Navy SEALs.

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Sunday

4 p.m. – **“Gattaca”** (R)

7 p.m. – **“GI Jane”** (R)

Monday

7 p.m. – **“GI Jane”** (R)

Tuesday

7 p.m. – **“Gattaca”** (R)

Wednesday

7 p.m. – **“Gattaca”** (R)

Thursday

Closed, Thanksgiving Day

RAF Mildenhall

Friday

7 p.m. – **“Red Corner”** (R) Starring Richard Gere and Bai Ling Bradley. An entertainment lawyer seduces a woman. He gets trapped in the legal system, however, after she is found murdered in his hotel room.

9:30 p.m. – **“Cop Land”** (R) Starring Sylvester Stallone and Robert Deniro. A small New Jersey suburb police officer must choose between the law and fellow police officers.

Saturday

7 p.m. – **“Red Corner”** (R)

9:30 p.m. – **“Mimic”** (R) Starring Mira Sorvino and Jeremy Northam. Two scientists use genetic engineering to save New York from a disease, but something goes wrong, and a new threat arises in the form of predators that can mimic humans.

Sunday

7 p.m. – **“Cop Land”** (R)

Monday

7 p.m. – **“Mimic”** (R)

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7 p.m. – **“Red Corner”** (R)

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7 p.m. – **“Cop Land”** (R)

Thursday

Closed, Thanksgiving Day

High school football

Lancers stop Ramstein, drop final to Wuerzburg



Photo by SrA. Erick Saks

Lancer running back Mark Howder attempts to elude a Ramstein defender during Lakenheath's 25-13 win over the Royals Nov. 8 at Ramstein Air Base, Germany.

By SSgt. Scott Davis
48th Fighter Wing public affairs

The Lakenheath Lancers handed Ramstein its first home loss in five years before losing to Wuerzburg in the final of the Division I High School football championships.

The Lancers defeated the Ramstein Royals, 25-13, Nov. 8 at Ramstein to advance to the final against Wuerzburg. The Wolves captured the European championship with a 42-27 win over Lakenheath Saturday.

"We can't be disappointed when the kids played their hearts out," said Lakenheath head coach Jim Garvie.

Garvie's Lancers entered the final game without two of their defensive standouts, but Lakenheath made a run at the title behind all-conference running back Chris Mazowieski's three rushing touchdowns.

Mazowieski also played a large role in the semi-final win at Ramstein with 114 yards rushing. Backfield mate Mark Howder led the way with 204 yards and scored the clinching touchdown on a 46-yard run.

The victory ended the Royals' three-year reign as champions.

"That win was very satisfying," said Garvie. "Some of their parents had already made travel plans to Wuerzburg."

Sports Shorts

Free aerobics

All active-duty military members can attend any aerobics class free. All Ministry of Defense, Department of Defense workers and dependents can attend any class, but will be charged \$2 per class. For more information on schedules and times, call Lorraine Botwright at Ext. 5076 or 3607.

Turkey shoot

A turkey shoot is Saturday at the golf course. Choose teams for a four-person scramble. Minimum combined handicap is 43. Call Ext. 2223 for details.

No-tap bowling tournament

The next no-tap bowling tournament starts at 7:30 p.m. Saturday at Liberty Lanes. Cost is \$15 per person. Along with prizes and jackpots, there's a chance to win a turkey. Call Ext. 2108 for details.

Bowling fees

Liberty Lanes will increase fees beginning Nov. 17. For a listing of the changes, stop by the bowling center or call Ext. 2108.

Youth basketball

Youth basketball registration continues until Dec. 5 at the youth center, 7:30 a.m. - 5:30 p.m. weekdays. Children 6-18 are eligible. Camps and clinics are held during the Christmas school break. The season begins around Jan. 5. Coaches are

needed. For more information call Karl Pfoor at Ext. 3735

Pedaler Bike Shop

The Pedaler Bike Shop offers Christmas specials through November and December. Buy a bike in November or December and receive a free gift, receive a 10-percent off discount coupon for accessories and a free 30-day check up. Also, throughout November, receive 10-percent off all bike locks. For more information call Ext. 2146.

Golf course specials

The golf course pro shop offers the following special - buy two "Gear For Sports" items and get \$7 off.

Climbing at the youth center

The youth center offers climbing classes for the "Radical Rock" from 5:30 - 6:30 p.m. Tuesdays. Cost is \$3 per session. Open climbing is from 5:30 - 9 p.m. Thursdays and is available for those who have been through four climbing classes. Cost is \$3 per session. To sign up for classes or open climbing, call Ext. 3180.

Shepherd's Grove Tae Kwon Do

The Shepherd's Grove Community Center now has spaces available in Tae Kwon Do classes. Classes are 7 p.m. Wednesdays and 7:30 p.m. Fridays. Classes are available for children and adults. For more

information call (01359) 250269.

Hockey equipment available

The RAF Lakenheath Skating Pro Shop has hockey equipment. Stop in and check it out. For details call Ext. 1627.

Skating rink

The skating rink staff books birthday parties during regular skating sessions. The staff provides games and prizes for party members. To reserve a date call Ext. 1627.

Adult swimming lessons

Adult swimming lessons are from 6:45 - 8:30 p.m. Thursdays at the swimming pool. Cost is \$18 for four lessons. Two different classes are offered: adult beginner and stroke improvement. Call Ext. 2815 for details.

Feltwell step classes

Step-aerobics classes are from 7 - 8 p.m. Mondays, Tuesdays and Thursdays at the RAF Feltwell Elementary School. For more information call Ext. 5076.

Pick-a-price

Liberty Lanes offers "Pick-a-price" from noon - 5 p.m. weekdays. Pick a colored chip and pay the price that corresponds to that color. Prices range from 50 cents to \$1 per game. For more information call Ext. 2108.